

July 18-24, Theme of the week



Break Free to a New You!

You live only once, not twice;
You deserve to live in paradise:

Fight for your body
to energize,

Fight for your mind
to become wise,

Fight for your heart
let confidence arise,

Fight for your finances
economize,

Fight for your life
to revitalize.

**Fight like a successful person
Until you reach true success!**

-Grandmaster Y. K. Kim-

Martial Arts World
5 FITNESS

July 18-24: Review & Super Expo Rehearsal

18-Monday: Rehearsal Super Expo

19-Tuesday: Review

20-Wednesday: Rehearsal Super Expo

21-Thursday: Review

22-Friday: Rehearsal & prepare Super Expo

23-Saturday: Super Expo !!

24-Sunday: Self-practice: Natrual Meditation-
Power Exercise- Basic

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy

2. MOTIVATION: Theme of the week / NEW- information